



# Mental Health Awareness Week 2020

For more information and guidance on mental health and well-being during lockdown please see the Safeguarding and Well-being section of our website:

<https://bishopchalloner.org.uk/catholic-college/about/safeguarding/covid-19-safeguarding-and-child-protection-addendum>

## Monday: Stay Connected

- Text a friend and ask them how they are doing
- Turn off your electronic devices and spend the day talking only to those you live with
- Complete work with your buddy: set a timetable to complete work at the same time, during breaks call or text each other to see how it is going

Young Minds has published advice on how to stay connected during lockdown... <https://youngminds.org.uk/blog/how-to-stay-connected-during-lockdown/>



## Tuesday: Take Notice

- Take notice of your own achievements by writing a list of things you are good at. These could be things such as... listening to my friends, helping my brother, completing my Maths homework, participating in my dance club. If you are struggling to think of things ask a friend or family member to help.
- Take notice of other people's achievements by pointing out to them what you think they are good at.



## NHS 5 ways to promote well-being...



## Wednesday: Give

- Give thanks by sending a friend, neighbour or family member a thank you note/postcard
- Write a thank you message to our key workers. The message could be posted, written in chalk on your drive way, as a poster put up in your window
- Give your time to those you appreciate... you could do some gardening for them or make them dinner.



COOKING



PAINTING



YOGA



PHOTOGRAPHY

## Friday: Be Active

- Take a walk, bike ride or run with your family
- Do some gardening
- Hoover the house
- Try a Youtube yoga lesson

Find some more ideas at...

<https://bishopchalloner.org.uk/activity-ideas>

- BC Performing Arts – Plank Challenge
- BC School Games



## Thursday: Keep Learning

- No matter what age we are, it is important that we always keep our brains active. Today is a good day for learning a new skill, take 30 minutes today to focus on learning something new. You may decide to ask someone that you live with to teach you one of their skills.

On the Bishop Challoner website we have a wealth of ideas for you <https://bishopchalloner.org.uk/activity-ideas>

Try the Bishop Challoner daily art challenge or sign up to a Sign Language course